MICHAEL B. JORDAN WANTS YOU TO EAT UP

PAGE 08

metro
PHILADELPHIA'S #1 DAILY NEWSPAPER
Thursday, January 30, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

Making the most. Drexel senior Emma Straub is using her scleroderma diagnosis to help herself and others.

Fighting for her future

Fundraiser. She's holding an event to raise awareness and money for research of the autoimmune disease.

PAGE 02

Emma Straub, in Washington Square, talks about her scleroderma diagnosis and what's she's doing in Philadelphia to fight it. / CHARLES MOSTOLLER, METRO

Need some directions downtown?

PAGE 13

These sips are an easy first-down

PAGE 15

Manning flirted with Seahawks

PAGE 20

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Living with scleroderma, Drexel senior spreads hope

Rare disease. After an autoimmune disorder diagnosis, Emma Straub decided to do something positive.

Living with any illness can be tough, but the autoimmune disorder scleroderma, which afflicts 300,000 Americans, carries its own unique challenges. For Drexel University senior Emma Straub, 22, learning she had the disease was a tough moment.

"I'd never even heard of it before I was diagnosed with it myself," Straub said.

But now, Straub is channeling her energy into a fundraiser and awareness event, on Friday, Feb. 7, at City Tap House in University City.

"I realized how many people don't know about it," Straub said of what drove her to organize the fundraiser, which was Straub's senior project at Drexel and will benefit the Delaware Valley Chapter of the Scleroderma Foundation.

In Straub's case, the lack of widespread knowledge of scleroderma, even among medical professionals, meant just getting diagnosed was a battle.

Quoted

"I'm going to have to deal with being sick for the rest of my life, which is a really tough thing to figure out at age 21."
Straub

In October 2012, a bald patch appeared on the back of her head and she had a bad rash on her leg. Doctors thought she had a fungal infection, and for months she was in limbo, until a rheumatologist diagnosed her.

Straub's blood tests were positive for scleroderma all her life, but none of her doctors ever recognized it.

Since the diagnosis, Straub has been focused on making every day count and staying healthy.

"There were days I could literally not get out of bed by myself," she said. "I rarely have those days now."

SAM NEWHOUSE
sam.newhouse@metro.us

Fighting a disease

What to know:

- Scleroderma is an autoimmune disease that causes the gradual hardening of tissues and blood vessels.
- There are two types, systemic, which affects organ function, and limited, which primarily affects the skin.
- The "Tap into a Cure" fundraiser will be on Friday, Feb. 7, at City Tap House.

Top 3

What's trending at Metro.us

1. 'Chili Peppers parody makes Super Bowl magic with "Abracadbralifornia"'
2. 'VIDEO: Guy learns to dance in one year'
3. 'VIDEO: New Yorkers try to explain memes'

Quoted

"The problems the President decried ... have grown far worse as a direct result of his policies. Now he is threatening to double down on those failed policies with unilateral executive fiats that may exceed his constitutional and legal authority."
U.S. Sen. Pat Toomey (R-Pa.)

Looks like a good day to call in sick

A water main broke Wednesday at 47th Street and Osage Avenue in West Philadelphia, which led nearby cars to be completely covered with ice. / CHARLES MOSTOLLER, METRO

Gone. Snowy owl struck by cargo jet at Philadelphia airport

A snowy owl named "Philly" that was rescued from the Philadelphia International Airport but chose to return there reportedly died on Wednesday after an encounter with a massive jet.

Bird lovers who had previously trapped Philly and brought him out of harm's way before tagging him with a GPS bracelet said that the owl had died, Lancaster Online reported.

Philly reportedly was struck by a UPS cargo jet. The plane was undamaged.

A licensed bird bander and U.S. Department of Agriculture Wildlife Services technician captured Philly on Jan. 9 at the airport and brought him to Lancaster. However, two days later he flew back to the airport.

Several attempts to capture him again were unsuccessful. Philly was reportedly hunting rodents while living at the airport.

His continued survival at the airport was due to Philadelphia International Airport's policy to not kill snowy owls at the airport but instead trap and relocate them. SAM NEWHOUSE

Bad neighborhood

An airport is a dangerous place for an owl to live.

- Ornithologists say snowy owls enjoy airports due to their resemblance to the snowy tundra that the owl usually inhabits.

Rally cancelled

Supporters fight for Darrin Manning

A planned rally for today for Darrin Manning, the teenager whose testicle was reportedly ruptured during a rough pat-down by a female police officer, isn't happening, but supporters are keeping up the fight.

Darrin Manning / FACEBOOK

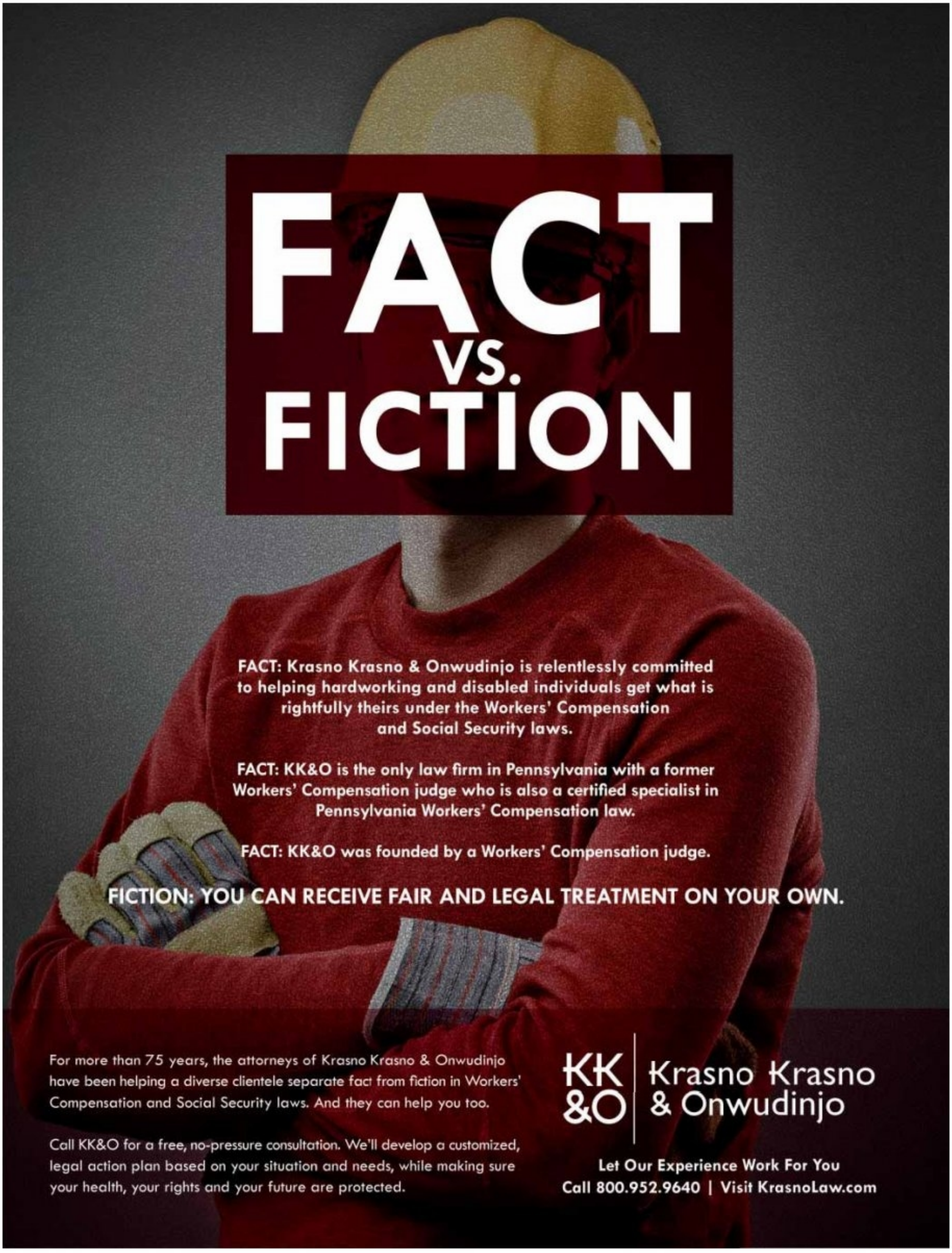
"We have indeed filed a complaint ... with the local FBI office," said Faye Anderson, press liaison for the Pennsylvania State Chapter of the National Action Network.

Manning, 16, a student at Mathematics, Civics and Sciences Charter School, claims he was arrested for no reason near 15th Street and Girard Avenue on Jan. 7, during which he was reportedly injured.

Manning was charged with aggravated assault, reckless endangerment and resisting arrest.

Manning's supporters want the charges dropped.

"The original stop was an illegal stop," Anderson said. "There was no reasonable suspicion to stop [him]." SAM NEWHOUSE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Council wants better protection for seniors

One call. Curtis Jones Jr. proposes a 1-800 number to confirm utility workers are who they say they are.

Councilman Curtis Jones Jr. wants a number — an 800 number the elderly can call when someone knocks and claims he or she is with the water department or gas works, but the resident never made an appointment.

"What is not happening is a discussion regarding this disturbing trend," Jones said.

The city council committee on public safety, which Jones chairs, discussed ideas on how to better address the issue.

Police reports going back to 2012 note men dressed as PECO workers entering homes with a story about faulty outlets and robbing senior citizens blind. A recent report involved a disabled woman in the Northeast.

Jones is looking for a universal number. He doesn't want seniors fumbling with phone books or dialing 411. He wants one number, one operator who can confirm whether they should open their doors.

And there are other options, such as a checklist for the elderly, or even a more proactive approach from the utility companies.

"There might be a call that's made in advance," he said, "saying that there was something going on in the area."

Quoted

"There should be a tip list that says if you don't see the utility truck, maybe you should request a supervisor. And give folks a 1-2-3 checklist to do. If there's no visible ID, don't open the door."

Jones

TOMMY ROWAN
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Don't let this happen, say protesters

Environmental activists held a die-in and protest in front of the EPA offices at 17th and Arch streets on Wednesday to call for swift regulatory action against coal producers in West Virginia after this month's massive chemical leak into the Elk River, which cut off drinking water for hundreds of thousands of people. / CHARLES MOSTOLLER, METRO

Update

State Rep., sister arraigned, released

State Rep. J.P. Miranda (D-197th district) and his sister, Michelle Wilson, were released on Wednesday from custody after being arraigned on felony charges of perjury and criminal conspiracy, prosecutors have announced.

Miranda, 34, and Wilson, 28, will next appear in court for a preliminary hearing on Tuesday, Feb. 4.

Miranda allegedly hired his sister to work in his office in violation of Pennsylvania House Democratic Caucus rules, paid her through a "straw employee" and lied to conceal his actions. METRO

Survey

Philly counts its homeless

Hundreds of volunteers took to the streets of Philadelphia on Wednesday night to count and survey people who live on the streets.

The count is done as a partnership with Project HOME, the city and the U.S. departments of Housing and Urban Development and Veterans Affairs in a night known as Philly COUNTS (Coordinated Outreach for Unsheltered Needs Tally and Survey).

The counting and surveying is done partly as a requirement so these groups can earn federal funding to help fight homelessness. METRO

Notice

Update in Kensington fire that killed two firefighters

An announcement about the April 9, 2012, five-alarm Kensington warehouse fire that claimed the lives of two firefighters will be made Thursday morning at City Hall, officials said Wednesday.

Councilman At-Large Dennis O'Brien will be joined by Diane Neary, the wife of deceased firefighter Lt. Robert Neary, and Dave and Miriam Sweeney, parents of Daniel Sweeney, who also lost his life.

Visit metro.us for more on this. METRO

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Obama pushes minimum wage hike on road trip

Middle-class hero. Democrats are trying to reinforce Obama's image, against low poll numbers.

President Barack Obama, on a road trip to highlight themes from his State of the Union speech that called for narrowing the gap between the rich and poor, urged Congress on Wednesday to raise the minimum wage for low-income Americans.

"If you work hard, you should be able to pay your rent, buy your groceries, look after your kids," Obama said at a Costco big-box store in this Washington suburb. "If you put in a hard day's work, you deserve decent pay for it."

Flanked by boxes of paper towels and garbage bags, Obama said that in coming weeks he will sign an executive order raising to $10.10 an hour the minimum wage for federal contract workers. But he said Congress must act to raise it for millions of other American workers. The current federal minimum wage is $7.25 an hour.

Obama noted that many state governors have already taken steps to raise the minimum wage in their states.

"While Congress decides whether it's going to raise the minimum wage or not, people outside of Washington are not waiting, and I'm not either," he said.

As part of a symbolic trip the day after his annual State of the Union address, Obama headed for a U.S. Steel plant near Pittsburgh to raise momentum for a proposal to make it easier for Americans to put money away for retirement.

His travel has a political motive. He wants to help Democrats win seats in November's congressional elections by focusing on a popular theme that touches on the economy and income inequality. REUTERS

President Obama greets a Costco bakery employee during a tour of the store before speaking in Lanham, Md. / GETTY IMAGES

Quoted

"The increase in the minimum wage is a very powerful message. It resonates across the country."
Sen. Ed Markey

Senate hearing

Attorney general confirms probe of Target

U.S. Attorney General Eric Holder confirmed on Wednesday that the Justice Department was investigating the massive hacking of consumer data from retailer Target Corp. during the holiday shopping season.

Testifying at a U.S. Senate hearing, Holder said the department would seek not only to find the perpetrators of the breach, but also "any individuals and groups who exploit that data via credit card fraud." REUTERS

Cyber attack

Lawmakers want Neiman Marcus breach papers

U.S. lawmakers on Wednesday asked Neiman Marcus for information and documents related to the upscale retailer's recent cybersecurity breach that affected customer's data.

Democrats on the House Energy and Commerce Committee, in a letter to the company's chief executive, Karen Katz, said they are seeking more details so they can "fully understand ... how this theft of confidential customer information occurred" ahead of a Feb. 3 hearing. REUTERS

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WellPoint. Health exchange applicants hit expectations

Health insurer WellPoint Inc. said on Wednesday the applicants for the new Obamacare health plans are of the age and demographics it had expected, indicating that medical costs will not soar beyond the prices it charges.

WellPoint, which released lower fourth-quarter results on Wednesday, said that based on age, insurance plan selection, income levels, gender and available pharmacy data, it believes it has set the right premium rates for these new customers.

Initial enrollment data nationwide has shown that the first wave of people who enrolled are older people who can be more expensive to insure because they often have more health problems than young people.

Shares in WellPoint rose about 3 percent, or $2.75, to $87.05 in morning trading after the comments. Competitor Aetna Inc. shares rose 39 cents to $69.32 while UnitedHealth Group Inc. gained 33 cents to $72.03.

"There was a concern that a lot of the firms that were involved in the exchanges would be underpriced for the demographic that would find the exchanges appealing, at least over the first year," Morningstar analyst Vishnu Lekraj said. REUTERS

Quoted

"What they said was that they priced everything appropriately given the data they have currently, in terms of medical cost utilization." Lekraj

Rare ice storm grips US South

Icy chaos gripped the U.S. South on Wednesday after a rare winter storm that killed at least six people, stranded children in their schools overnight and paralyzed travel in several states, including hundreds of flight cancellations at the world's busiest airport. The storm slammed a region largely unaccustomed to ice and snow — stretching from Texas through Georgia and into the Carolinas on Tuesday and early Wednesday. In Atlanta, motorists remained trapped in their cars on icy Interstates on Wednesday, some of them having spent as long as 18 hours on the road. Some 791 traffic accidents were reported in the city but there were no serious injuries. REUTERS /GETTY IMAGES

Measure passed

House passes long-overdue farm bill

The House of Representatives passed a comprehensive farm bill on Wednesday that cuts payments for food stamps by about 1 percent and ends a direct subsidy to farmers, while expanding government-backed crop insurance programs.

After months of negotiations and criticism from both sides of the political spectrum the measure passed easily, by 251 votes to 166, with 162 Republicans joining 89 Democrats in favor. The bill is more than a year overdue after congressional negotiators struggled to forge a compromise.

A vote in the Democratic-run Senate could come as early as today. REUTERS

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2 CULTURE

Twitter feed

Today, Mark Ruffalo has critical kids, Lindsay Lohan loves winter and Steve Carell expands horizons.

@Mruff221: My 8 Yr old's response to Presidents plan: fight Climate Change, push more Fossil Fuel Extraction,"that doesn't sound very smart."

@lindsaylohan: snow adventures!

@SteveCarell: My TV just told me that "Everything is better in a Perfect Bacon Bowl". I had no idea.

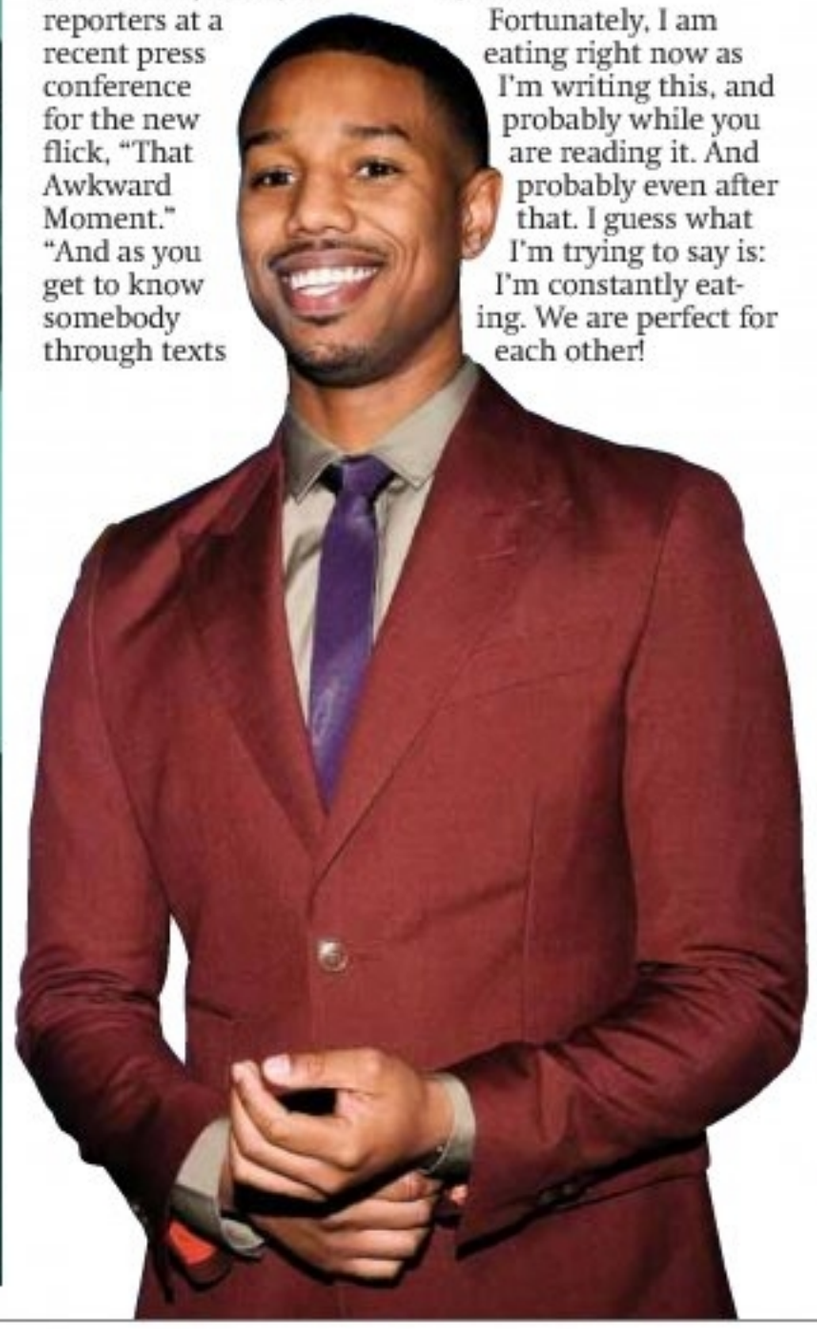
Dating tips from Michael B. Jordan

Michael B. Jordan doesn't quite prescribe to our Tinder dating culture. The "Fruitvale Station" actor believes it takes a bit of time to decide if you really belong to someone.

"When you first meet somebody, they put their best foot forward most of the time," he told reporters at a recent press conference for the new flick, "That Awkward Moment." "And as you get to know somebody through texts or phone conversations or dates or whatever, you can slowly let that person start to come out. And then you can just use your best judgment."

Right. "Hide the psycho." Check. He also told us that his deal breaker when it comes to romance is "a girl that doesn't eat."

Fortunately, I am eating right now as I'm writing this, and probably while you are reading it. And probably even after that. I guess what I'm trying to say is: I'm constantly eating. We are perfect for each other!



GETTY IMAGES

Can someone please help these drunk cowgirls?

In yesterday's Word, writer Melinda Taub alerted you to the fact that Madonna and Miley Cyrus were going to team up for "Miley Cyrus: MTV Unplugged" — and they did! And they look like they need some assistance, no? Here are the two hot messes onstage looking like an acid-dipped Roy Rogers and Dale Evans on Tuesday night in Hollywood. The special premiered last night on MTV.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Hugh Grant likes to father children

Hugh Grant, that floppy-haired scoundrel of my '90s dreams, is turning into the Kevin Federline of the 20-tens. (Is that what they call this decade?)

The star has allegedly fathered two children, one in 2011 and one in 2012, with a secret girlfriend, but now sources claim he had another child in 2012 by another woman, according to the Sun.

Grant's identity as the father of a baby with Swedish TV producer Anna Eberstein was kept secret until December, when the 1-year-old boy's birth certificate was re-registered with Grant's name on it.

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‘One slice of a Japanese phenomenon’

See more at www.metro.us

Theater. Yoko Shioya was worried “The Room Nobody Knows” would be too risque for U.S. audiences.

The twisted, dream-like Japanese play “The Room Nobody Knows,” which arrives in Philly via FringeArts, is bizarre enough as it is. But in its original incarnation, simply arriving at its makeshift Tokyo theater proved to be a surreal experience. “The audience was limited to only 25 people, who were instructed to come to a parking lot behind the Aoyama Round Theatre in a fashionable neighborhood in central Tokyo,” recalls Yoko Shioya, the artistic director of New York City’s Japan Society. “I thought it would be a site-specific work in a tent or something, but then we were taken to a small, very old Tokyo apartment building, and I realized it would be in someone’s apartment.”

The unit belonged to Kuro Tanino, a psychiatrist-turned-playwright who wrote and directed “The Room Nobody Knows” for his avant-garde theater company. The experience of cramming into the tiny space — “You had to shrink yourself and bump up against other people,” says Shioya — will be partially recreated with a cluttered set built on FringeArts’ stage.

The play involves two brothers who live together in an otherworldly apartment, where they’ve created strange erotic alter-egos. The set is comically stocked with “pig faces, phalluses, demented plastic heads and secret compartments,” which get explored as the siblings prepare for a party.

“It’s a very elaborate work,” Shioya says. “It made me think of the problematic tendencies of Japan’s young generation, who tend to cocoon themselves or are socially inept. So in a sense it’s very much one slice of a Japanese phenomenon, but at the same time it’s universal in the way that hidden things are revealed.”

Pig faces, phalluses and other unusual props grace the stage in “The Room Nobody Knows.” / SHINSUKE SUGINOU

If you go

‘The Room Nobody Knows’

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FringeArts
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$29, 215-413-1318
fringearts.ticketleap.com

Bottom half

Pushing the envelope

Shioya was initially reticent to bring the show to the States, which she’s done for a five-city tour, because of its sexually explicit content. As she puts it, “The tolerance for things related to the bottom half of your body in this country is very limited compared to the Japanese.” But she found willing venues, like FringeArts’ new home on the waterfront, eager to push the envelope. “What happens during this show is really mesmerizing,” she says.

SHAUN BRADY
letters@metro.us

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IN THEATERS FEBRUARY 7
www.monumentsmenmovie.com

Stream the indie gem 'Concussion' on our site

Movies. Watch two of last year's most compelling performances on our website.

Robin Weigert (right) plays a housewife who becomes a prostitute in "Concussion." / RADIUS-TWC

They haven't been nominated for any major acting awards, but that's the voters' fault for not recognizing Robin Weigert and Maggie Siff. They gave two of last year's best performances in "Concussion," a sprightly, sneaky indie you can stream on the Metro website.

A decade ago Chris Rock defended gay marriage, saying homosexuals "have the right to be as miserable as everybody else." That's what's happened to "Concussion"'s 40-something hero Abby (Weigert, of "Deadwood"), who's in a stilted, sexless suburban gay marriage with kids. An accidental baseball to the head becomes the catalyst that gets Abby to make a curious decision: By day she retires to the Manhattan apartment she's rehabbing and offers her services as a high-end prostitute.

Homosexuality is treated casually (when Abby refers to "my wife," no one bats an eye), but that's part of the sly commentary; as a lesbian, she's still treated as a mysterious other, as when a bi-curious neighbor (Siff, of "Sons of Anarchy") becomes a client.

Go online

How to watch 'Concussion'

To stream go to: **www.metro.us/streamingmovies**

It's Luis Bunuel's surrealist "Belle de Jour" in a realistic bent — but not too realistic. First-time director Stacie Passon establishes a quasi-comic tone that's at once assured and uneasy, while Weigert is thrillingly anxious, coming into her own only when tending to clients.

MATT PRIGGE
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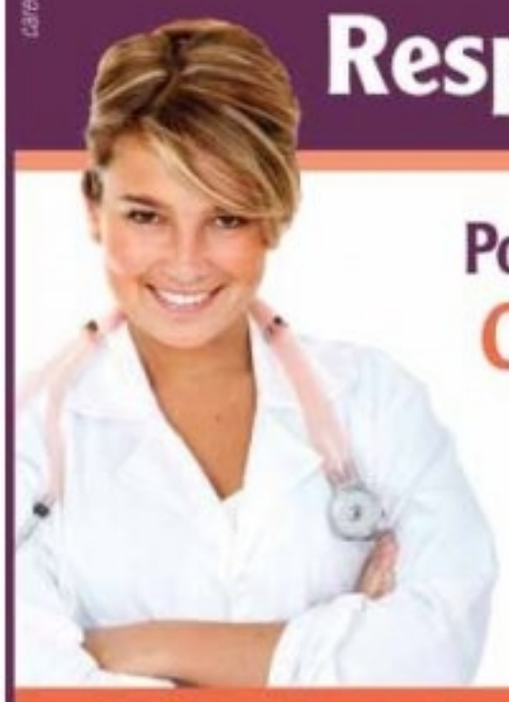

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TV watch list

COMEDY

'Saturday Night Live presents an SNL Sports Spectacular'

This weekend's episode of "SNL" will be Seth Meyers' last night at the "Weekend Update" desk. Sob! (In good news, however, his replacement is longtime "Weekend Update" writer and very funny standup comedian Colin Jost.) In other good news, you can get an extra, final "SNL" dose of Meyers tonight when he hosts this pre-Super Bowl look back at the show's best sports sketches.

9 P.M., NBC

COMEDY

'Parks and Recreation'

Why are so many of our favorite characters leaving our favorite TV shows right now? Following Donald Glover's departure from "Community," tonight marks Rob Lowe and Rashida Jones' last episode of "Parks and Rec." Luckily, we still have Ron Swanson and his formidable mustache to keep up our morale.

8:30 P.M., NBC

Tonight, both Ron and TV viewers say goodbye to Rob Lowe.
COLLEEN HAYES, NBC

COMEDY

'Rake'

In the second episode of Greg Kinnear's new show about a messed up, but charming, criminal defense lawyer, he defends three Amish dudes facing murder charges, when all they were trying to do was shave off another Amish dude's beard. To be fair, when you're using a straight razor in an unsolicited shaving attack, it comes off looking pretty murder-y. **9 P.M., FOX**

ALEXANDRA CAVALLO

2 'Labor Day'
Kate Winslet plays an unstable single mom who finds herself forcibly housing a convict on the lam (Josh Brolin). Fortunately he's not one of those dangerous cons but one who fixes up the house, makes great pies and teaches her some sweet, sweet lovin'. Jason Reitman's fifth film is adapted from a novel by Joyce Maynard, aka J.D. Salinger's ex-girlfriend.

3 'Gloria'
Chilean actress Paulina Garcia is getting raves for her performance as a middle-aged woman who starts a relationship with an even older man she meets while clubbing. Yes, the original European version of the titular pop song gets played.

4 Oscar Nominated Shorts
Want to get a leg up on those Oscar pools? Or maybe just see some presumably worthy films? You can watch all 10 of the titles nominated in the short animated and live action categories, including Disney's retro "Get a Horse!" that was shown before "Frozen."

Must see

'That Awkward Moment'

1 Two of last year's bigger breakouts, Michael B. Jordan ("Fruitvale Station") and Miles Teller ("The Spectacular Now"), star in this Zac Efron-led rom-com about guys trying to stay single. Look, we've all got bills to pay.

Is Zac Efron (center) ashamed to be in "The Awkward Moment"? / FOCUS FEATURES

5 'The Past'
Asghar Farhadi's Iranian drama "A Separation" was, deservedly, a ridiculously huge success. His follow-up takes him to France, and with bigger stars. Berenice Bejo and "A Prophet"'s Tahar Ramin play a couple dealing with the latter's comatose wife.

6 'Ride Along'
Surely the Ice Cube circa "Straight Outta Compton" always imagined he'd be doing little else but playing cops. Here, the ex-N.W.A. member decides to torture the diminutive, motormouth wannabe-officer (Kevin Hart) who wants to marry his sister.

7 'I, Frankenstein'
The old Universal horror movies used to resurrect Frankenstein's monster all the time, so technically it's not egregious that this Australian-American contraption awakens him in a dystopian future. That he's now named Adam and fights gargoyles is another kettle of fish.

8 'Jack Ryan: Shadow Recruit'
Tom Clancy's Cold War hero returns with this reboot, in which the CIA man (Chris Pine) battles Russians. Wait, Russians? What era is this?

9 'Lone Survivor'
Based on true events, Mark Wahlberg heads up a sparse cast of four SEALs who get ambushed on a mission in Taliban-run Afghanistan.

10 'The Invisible Woman'
Ralph Fiennes directs and stars in this drama as Charles Dickens who, as it happened, took a secret mistress: Nelly Ternan (Felicity Jones), a poor, young, artistically minded woman some 25 years his junior.

MATT PRIGGE
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PLUS
Number six
Be wary of costume pieces
"To a degree, yes; however, one statement piece like an oversized necklace or ski goggle-inspired sunnies are costume done right," says Ragolia.
6

Midi skirts require 6-inch heels

"I'm a tomboy and a busy fashion director, so super-high heels are not at all practical on a day-to-day basis. A sleek Chelsea boot or a brogue can look just as sexy with a pencil skirt as any heel," she says.

Short skirt and bare legs are a no-no

"If it's raining or below freezing, please don't wear a short skirt with bare legs," says Ragolia. "Especially with Uggs. It's just not practical. But, do wear bare legs with a short skirt when weather-appropriate."

Throwing out your fashion rulebook

See more at www.metro.us

Street style. Break the mold — right.

The raison d'etre of many fashion magazines is to rule your wardrobe with a vise-like, arbitrary and undiscriminating grip. No one should dare to brave horizontal stripes. Under no circumstances should any woman in her 40s wear a short skirt. But it's all silly really, isn't it? While we might need a little nudging in the direction that's right for us from time to time, we have enough intellectual capacity to know when something works and something doesn't. So we enlisted Julie Ragolia, the fashion director of Man of the World magazine who's styled Lady Gaga and contributed to every publication from Vogue to Interview, to help us break some old fashion rules.

KIT GILBERT
Modmods.com

Ripped jeans are for teenage girls and Britney Spears only

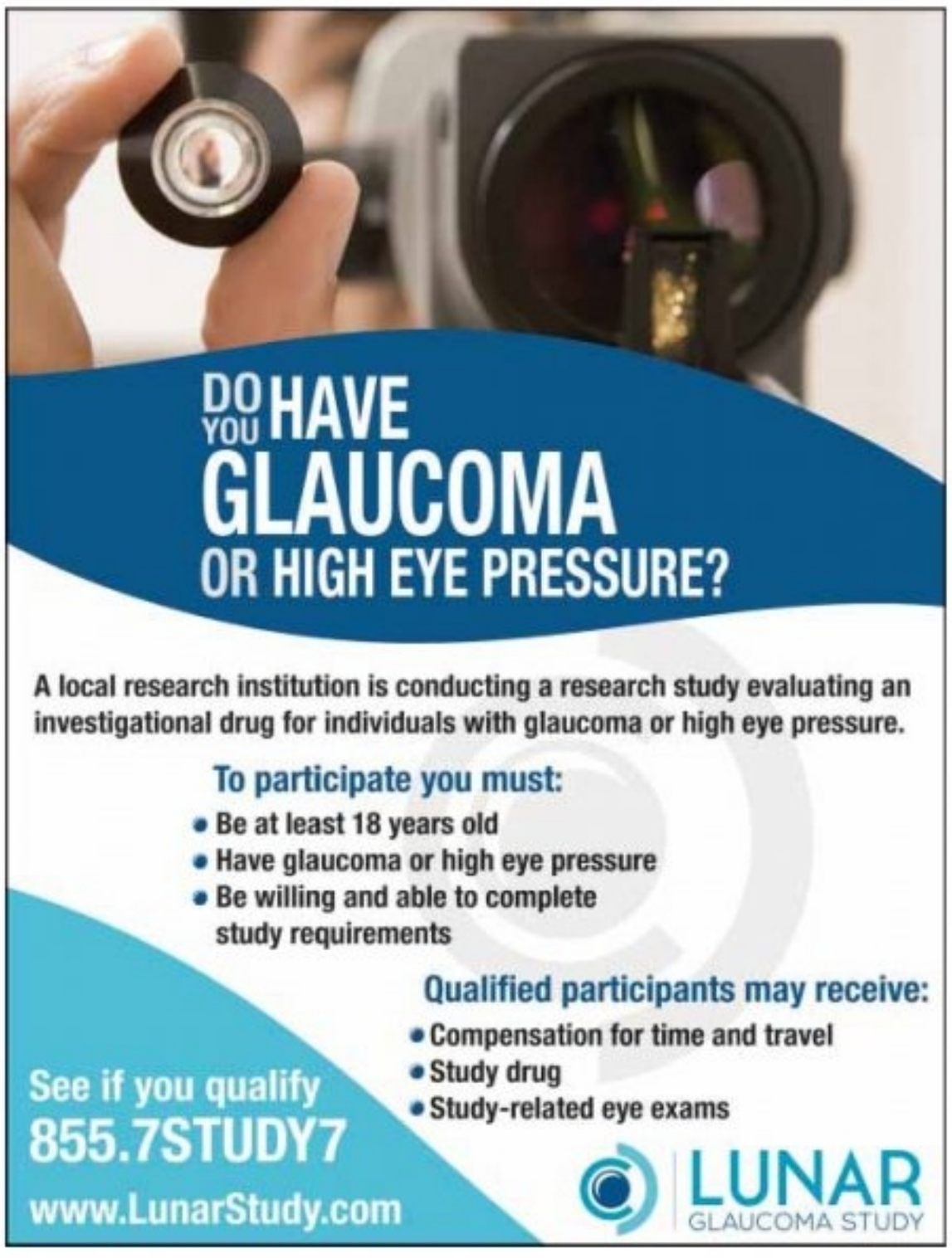
"Ripped jeans are a sign of a journeyed and well-lived life," according to Ragolia. "A hole in the knee reflects a willingness to fall, always an admirable quality in a woman. Paired with a smart clutch and an elegant heel, a ripped jean can be quite chic."

Wearing one pattern head to toe is a bad idea

"A woman should never leave the house looking like a tablecloth. Accessories can help prevent that: a great belt, the right bag. ... Solid, strong pieces can tie it all together and break up a pattern before it goes bad," says Ragolia. "I'm a big fan of patterns overall. Before wearing one pattern head to toe, consider mixing mismatched patterns. It's a surefire way to boldly own a look, and is surprisingly more subtle than one would think."

Unless you are Alexa Chung, don't attempt to conquer double denim

"As a devotee to Ralph Lauren and Levi's, I've been schooled to the contrary," says the stylist. "I live for double denim. If tones and fabric weights are in balance, I say try for a triple play. Just, throw an oversized Navajo cardigan over the shoulder to break things up."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DO YOU KNOW HOW TO GO DOWNTOWN?

I'm a straight guy, 27 years old, and I am crazy about my girlfriend of two years. We have awesome chemistry, and for the most part, the sex is great. But she gets really uncomfortable when I go down on her, like she doesn't trust that I am having fun — which I totally am! How can I help her open up to it?

It is not a coincidence that the word "intercourse" can refer to sex as well as interpersonal communication (look it up). You mention she "gets really uncomfortable," and it's "like" she doesn't trust that you are having fun. That sounds very nonverbal.

It's time to have a talk. While speech is certainly not required to communicate every sexual desire, it could help provide a bit more clarity for of you. Here are my talking tips:

Funky Brown Chick

TWANNA A. HINES, M.S.

AWARD-WINNING EDUCATOR AND SEX COLUMNIST. FOLLOW HER ON TWITTER @ FUNKYBROWNCHICK

Put her at ease

Be sure to explain to your girlfriend exactly why you enjoy going down on her. To reassure her that you're a bona fide Downtown Dining Enthusiast, here are sample phrases to kickstart the conversation: "I really love the way you taste because ___" or "I want to know if I am pleasing you because ___."

Up your game

Your girlfriend is only 50 percent of this equation. If you've not yet explicitly asked her about your skills, how can we be sure that she likes oral sex and just isn't cool with the way you're doing it? Don't worry, I know you're a champ, my little below-the-belt warrior. I'm just saying education is a lifelong process, and one should never stop learning.

Dig deeper

We all have egos, right? Exposing our genitals to our lovers can leave us feeling vulnerable. If you've been together for two years, that tells me you have staying power. To make this relationship even more enjoyable, plunge deeper into sexual intimacy. Talk about your needs and desires and explore sex together. It's the first step in going for gold at the clit Olympics.

Sexpert

#Vday Twitter chat with FBC

Wanna make your Valentine's Day a sex-positive, open minded love-fest? Join Funky Brown Chick for a Twitter chat. Tweet @ funkybrownchick with the hashtag #AskFBC to get your answers on love and sex. **Friday, Feb. 14, 2-3 p.m.**

Using your mouth to communicate is an essential first step. / COLOURBOX

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Cocktail

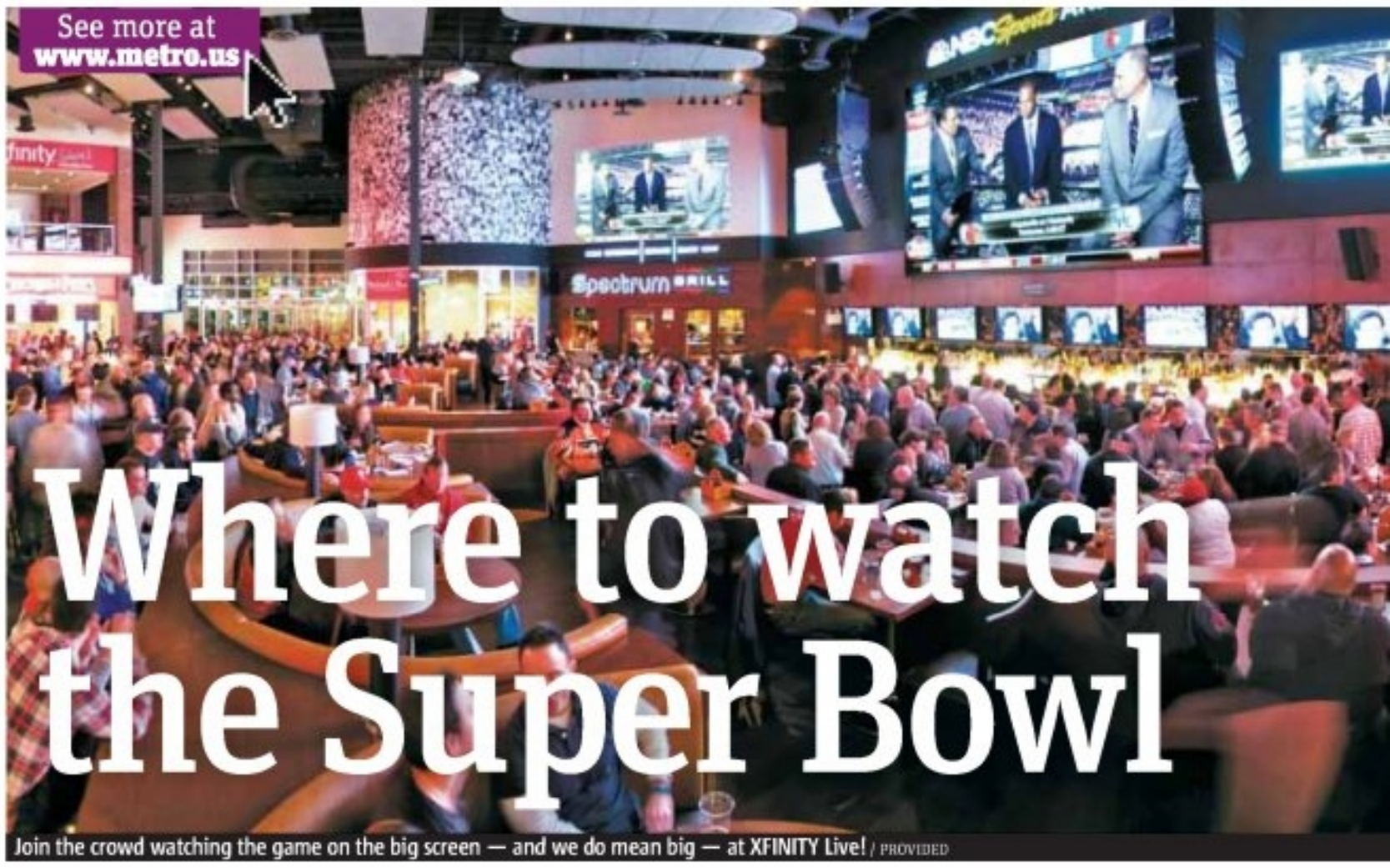
Omaha

1 oz. Lucid Absinthe
.5 oz. triple sec
2 oz. lemon-lime soda
2 orange slices
1 mint sprig

Directions: In a cocktail shaker, add ice, Lucid Absinthe, triple sec and the juice from one orange slice. Shake and serve in a tall glass and top with lemon-lime soda. Garnish with mint sprig and orange slice. Screaming "Omaha" 18 times before consumption is optional.

Game day. No matter which Philly neighborhood you live in, we've got a super bar for the Super Bowl.

Where to watch the Super Bowl



Join the crowd watching the game on the big screen — and we do mean big — at XFINITY Live! / PROVIDED

The biggest night in American sports is Super Bowl Sunday. Between the excitement of watching top-tier athletes compete for the Vince Lombardi Trophy, impressive halftime performances and the always entertaining commercials, it certainly has something for everyone. So what are you to do if you didn't get invited to a Super Bowl party this year? Head to a super bar. No matter what part of Philly you live in, we've got you covered better than the Seahawks secondary for Feb. 2.

XFINITY Live!

1100 Pattison Ave., South Philly
267-443-6415
www.xfinitylive.com

XFINITY Live! has a 32-foot HDTV for you to watch the game on — yes, that's feet, not inches. As if that's not enough, rotating drink specials will be available every hour beginning at 1 p.m. Did we also mention that they have a 32-foot HDTV?

Field House

1150 Filbert St., Center City
215-629-1520
www.fieldhousephilly.com

With 35 televisions, it's nearly impossible to miss a moment of the action at Field House. From whistle to whistle, $35 gets you all the wings and draft beers you can fit in your belly.

Chickie's & Pete's

All Pennsylvania locations
www.chickiesandpetes.com

It wouldn't be a Super Bowl without stuffing your face with crabfries. But why stop there?

Head to Chickie's and Pete's for the famous crabfries. FILE PHOTO

Chickie's & Pete's is offering an all-you-can-eat special. The $49.99 price tag includes all domestic draft beers, crabfries, wings, roast pork, cheesesteaks, pizza and more. And although this special applies statewide, we're recommending the original location on Robbins Avenue in Northeast Philly for an authentic, corner bar atmosphere.

Curran's Irish Inn

6900 State Road, Tacony
215-331-8628
www.curransirishinntacony.com

If you've never had the Cajun wings at Curran's, you really need to reassess your life. Recipient of the 2013 Philly Hotlist award for best wings, this Northeast version of a Southern recipe will

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The Twisted Tail

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If you're more into food than sports, look no further than The Bucket Bowl at The Twisted Tail. Starting at $15, enjoy buckets of ribs, whole fried chickens, wings, cheddar burgers and beers.

Paddy Whacks

150 South St., Society Hill
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www.paddywhackspub.com
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Wings

Kildare's Irish Pub

4417 Main Street, Manayunk
215-482-7242
www.kildaresirishpub.com
Between the nine different TVs, 35-cent wings, $3 Yards drafts and flavored Pinnacle vodka drinks, Kildaire's is a no-brainer if you live in the Manayunk area.

JOHN PLICHTER
letters@metro.us

Team toast. Turn halftime into happy hour

HalfThyme Refresher

.5 oz Butterfly Kiss Chardonnay
1 oz. Smirnoff Sorbet Mango Passionfruit Vodka
1 oz. Guava Juice
1 oz. Lemon Juice
1 sprig thyme

Directions: Mix ingredients over ice. Stir well. Pour in chilled glass. Garnish with rosemary sprig.

1

Tito's Unnecessary Roughness

2 oz. Tito's Vodka
.25 oz. Chambord
.75 oz. honey infused with jalapeno
.75 oz. lime juice

Directions: Shake with ice, strain into rocks glass and garnish with lime wedge and jalapeno pepper slice.

2

Ketel One Orange Crush Offense (for Broncos fans)

1.5 oz. Ketel One Oranje
3 oz. club soda
3 orange wedges

Directions: Build in a Collins glass over ice, squeezing the orange wedges before adding. Stir. Garnish with an orange slice.

3

The Green Machine (for Seahawks fans)

1.5 oz. of 1800 Tequila
1 oz. lime juice
Fresh mint leaves
Lime
Soda water

Directions: Combine 1800 Tequila and lime juice in shaker, muddle mint and lime wedge. Shake well and serve on the rocks, top with soda water. Garnish with cucumber and lime wedge.

4

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Cooking on the Avenue

Joncarl Lachman lists his favorite ingredients as "caraway and apple cider vinegar — and butter, of course." / BOB MOYSAN

Hot Chef. Joncarl Lachman of Noord digs the "positive energy" of East Passyunk.

Chef Joncarl Lachman is a Philly guy. Though he left us to go live and work in Chicago, where he opened his famed Home Bistro, Lachman came back last year to open Noord just off East Passyunk Avenue. The Northern European BYOB — think smoked fish, hearty stews and mustard soup — will participate for the first time in East Passyunk Avenue Restaurant Week, taking place Feb. 23 to March 1.

What are your thoughts on doing a restaurant week in this neighborhood?
They did them in Chicago, but I never did a restaurant week there because I didn't want to deal with it. But this one feels more like a celebration of the street and everything that's happening over here. I don't want to sound like some stupid Pollyanna, but there's a lot of positive energy over here.

Anything you can tell us about the menu for East Passyunk Avenue Restaurant Week?
I've had great success with a goat dish called cabrito asado. I'm a stew maker at heart, and this is a great goat stew.

You're from Philly originally. What part?
Southwest. I think there was a G.C. Murphy's or something over there that my mom used to take us to for sandwiches. I haven't been back yet to that area because I want to preserve those memories.

BYOB

When you're done at work, do you grab a drink on East Passyunk?

Yep, usually at Fond. When you have a restaurant you tend to drink at your own bar, but when you're a BYOB you become hangers-on somewhere else.

What neighborhood are you in now?
I live upstairs from the restaurant.

Oh wow, so you live and work right on East Passyunk. When you have a day off do you just hang around that area?
We've had a lot of support at the restaurant, so I like to go out and re-support the restaurants who've come to visit us. My partner and I also like to go on walks through the city. I love to just get out and see the city by walking around. I think back to walking all those streets years ago when I lived here and seeing how much has changed.

JULIA WEST
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Pretend it's not cold and snowy outside at Longwood Gardens. / COURTESY OF LONGWOOD GARDENS

GARDENS

Annual Orchid Extravaganza

Through March 30; Longwood Gardens, 1001 Longwood Rd., Kennett Square; $18; 610-388-1000; www.longwoodgardens.org
More than 5,000 colorful orchids are on display, hanging from baskets, draped along walls and arranged in other artful ways. Bring the young'uns to one of Longwood's OrKID Days for a scavenger hunt in the conservatory, storytelling and hands-on activities.

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Valentine's Day Dinner & Sweetheart's Dance

Friday, Feb. 14, 7-10 p.m.;
The Mansion on Main Street, 3000 Main St., Voorhees, N.J.; $125 per couple (includes tax and gratuity, alcohol is not included); 856-751-1717;
www.mansiononmainstreet.com
Join us at the Mansion on Main Street for a romantic surf-and-turf dinner reception and an evening of live music from Jerry Boyle and Friends. Couples will enjoy a complimentary champagne toast and each lady will receive a special gift. Experience The Mansion for yourself and see why it is the Delaware Valley's premier event venue located in Voorhees, N.J. The Mansion offers three exquisite ballrooms, an all-glass ceremony pavilion, a picture-perfect gazebo, full-service catering, an award-winning culinary team and easy accessibility from the entire Delaware Valley.

CHINESE NEW YEAR

Chinatown Midnight Celebration

Thursday, 11:30 p.m.
10th and Race streets
Free, www.chinatown-pcdc.org
The Year of the Horse comes galloping in this weekend. Follow the celebratory parade through Chinatown and take in the iconic lion dances performed by the Philadelphia Suns.

Chinese Lunar New Year Banquet

Friday, 6 p.m.
Rising Tide Restaurant, 937 Race St., $65, 215-925-0266
www.chinatown-pcdc.org
It's 4712, break your New Year's diet for a night and indulge in a 10-course traditional Chinese banquet, complete with ginger and scallion double lobster to give you power and energy, braised oysters to usher in prosperity in business and wealth, plus fried dough for a happy family life.

MUSIC

Stuntloco

Thursday, 10 p.m.
Silk City, 435 Spring Garden St.
$5 after 11 p.m., 215-592-8838
hwww.silkcityphilly.com
DJs Luke Goodman and Sylo provide the eclectic beats. Party late into the night and remember: There's an attached diner where you can take a break and fuel up for the next round of dancing.

Back to the '80s

Friday, 8 p.m.
World Cafe Live, 3025 Walnut St.
$18, 215-222-1400
www.worldcafelive.com
Squeeze into your neon spandex, spray up your hair and head to World Cafe Live, where revered '80s cover band Jessie's Girl will play hits by Madonna, Michael Jackson and more. But it's not just a band on a stage — expect props, costumes, confetti and audience participation.

Dr. Dog

Friday and Saturday, 8:30 p.m.
Electric Factory, 421 N. Seventh St.
$27.55-$38.35, 215-627-1332
www.electricfactory.info
Philly's own Dr. Dog is playing two shows at Electric Factory this weekend, so show these local boys some brotherly love! They're here in support of their seventh full-length album, "B-Room."

MUSEUM

The Echoes of their Wings: The Life and Legacy of the Passenger Pigeon

Thursday, 6 p.m.; Wagner Free Institute of Science, 1700 W. Montgomery Ave.; Free; 215-763-6529; www.wagnerfreeinstitute.org
At one time, the passenger pigeon was the most abundant bird in North America. Joel Greenburg's new book, "A Feathered River Across the Sky," chronicles the strange journey of the now-extinct bird, which disappeared 100 years ago. Greenberg will share some of his vast knowledge about natural resources in an illustrated presentation and sign copies of the book.

Mark Catesby did this etching of a passenger pigeon.
LIBRARY OF THE WAGNER FREE INSTITUTE OF SCIENCE

THEATER

'Alexander, Who's Not Not Not Not Not Not Going to Move'

Friday through Feb. 8
Walnut Street Theatre, 825 Walnut St.
$10-$16, 215-574-3550
www.walnutstreettheatre.org
Bring the kids to this family-friendly musical adaptation of Judith Viorst's book from the popular "Alexander" series. You do not not not not not not want to miss this one!

FOOD + DRINK

Chocolate and Beer Pairings

Thursday, 6:30-8:30 p.m.
Rick Nichols Room, Reading Terminal Market, 51 N. 12th Street
$35, 215-386-5211
www.fairfoodphilly.org
Fair Food Farmstand had us at chocolate — and at beer. John Doyle of John & Kira's Chocolates will spill the cocoa beans about artisanal chocolate making and sourcing local ingredients while attendees taste the chocolate treats alongside a selection of craft beers from Yards.
DAVE STAHL

THEATER

'Water by the Spoonful'

Through March 16
Arden Theatre Company, 40 N. 2nd St.
$36 to $48, 215-922-1122
www.ardentheatre.org
Philly playwright Quiara Alegria Hudes wrote this intense drama based in and around Philadelphia, the second in a trilogy of plays about one family. This one earned the Pulitzer Prize for Drama in 2012.

"Water by the Spoonful"
MARK GARVIN

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Have an upcoming event that you want to let Metro readers know about? Send an email to events@metro.us and we'll get it on our new listings website.
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Philadelphia Tattoo Arts Convention

Jan. 31-Feb. 2
Pennsylvania Convention Center, 1101 Arch St.

$22/day, $45/weekend
215-423-4780
www.villainarts.com
More than 800 tattoo artists will be at the convention. Special guests include Nikko Hurtado and Myke Chambers from Inked Magazine, Megan Massacre from "NY Ink," Amy Nicoletto from "LA Ink" and Rudy Hetzer from "Best Ink." There will be contests, seminars, live bands and more. Tickets are only sold at the show.

Horoscope

♒ Aquarius | Jan. 21-Feb 18. You may feel depressed today if you allow unpleasant memories to keep you brooding. Don't place limitations upon yourself.

♓ Pisces | Feb. 19-March 20. You can earn some extra money if you make intelligent use of your creative talents. Explore the possibility of a small business venture.

♈ Aries | March 21-April 20. You stand to make significant gains through a female contact. Traveling for business will be fruitful. Be ready to help children.

♉ Taurus | April 21-May 21. Estrangement from your lover is a strong possibility. Avoid involvement in secret affairs that may damage your reputation. Read personal papers carefully.

♊ Gemini | May 22-June 20. Your ability to communicate with charm will help you attract the partner of your choice. This is a good time to make contracts.

♋ Cancer | June 21-July 22. A romance can develop through work-related functions or business trips. Be wary, as this connection may damage your reputation.

♌ Leo | July 23-Aug. 22. Socializing and travel should be on your agenda. You will make a great impression if you turn on the charm and reveal your outgoing nature.

♍ Virgo | Aug. 23-Sept. 22. Real estate will turn out to be lucrative. You can make changes to your home. Investigate an issue that may be causing anxiety in an older relative.

♎ Libra | Sept. 23-Oct. 22. Catch up on email today. Discuss any personal problems that are bothering you with your relatives.

♏ Scorpio | Oct. 23-Nov. 21. Professional advancement is on the horizon. Your ability to finish work on time will set a good example, and you will receive recognition.

♐ Sagittarius | Nov. 22-Dec. 21. It's a good time to ask for favors. You should join a group with a humanitarian cause. Your reputation will grow based on the company you keep.

♑ Capricorn | Dec. 22-Jan 20. Put some extra time into beautifying your home. Investments can be lucrative. BERNICE BEDE OSOL

Sudoku: Easy and hard

		5		2	3			8
	8		4	9				
		2			5			9
5						8	7	4
		1				9		
4	3	8						6
2			3			6		
				6	7		1	
9			2	1		5		

			2	3			6	5
	5				6			7
	9					3		
		8	7	5		4		1
	1						3	
2		3		9	4	6		
		9					1	
5			3				7	
7	2			8	1			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

How did you think babies were made?

Re: 'You're not metal, madam' (Metro, Jan. 28) Letter writer Pasquale Tato claims that fetuses have "no rights to live and grow inside another person's body and feed off that person's blood." How shocking and disturbing. Does he think the fetus invaded the mother's body like a virus or vampire? Unless the woman was raped, she was a willing partner in creating that fetus. If she selfishly chose to ignore the consequences, that is her fault, not the baby's, and indeed once she created the baby, the baby does have a right to "feed off" her. She has the moral obligation to care for what she created. SHOSHANA ROSE, VIA EMAIL

Here's to you, Mrs. Robinson

Re: 'Metro names new editor-in-chief' (Metro, Jan. 29) I was very happy to read about Dorothy Robinson's meteoric rise from gossip columnist to editor-in-chief of Metro! Nice new "makeover" photo, too. She is a witty and talented writer and a new mom, and she also must have a good sense of humor to put up with all the ribbing about her "giant head" photos in the past. Congrats! B.L. BARR, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

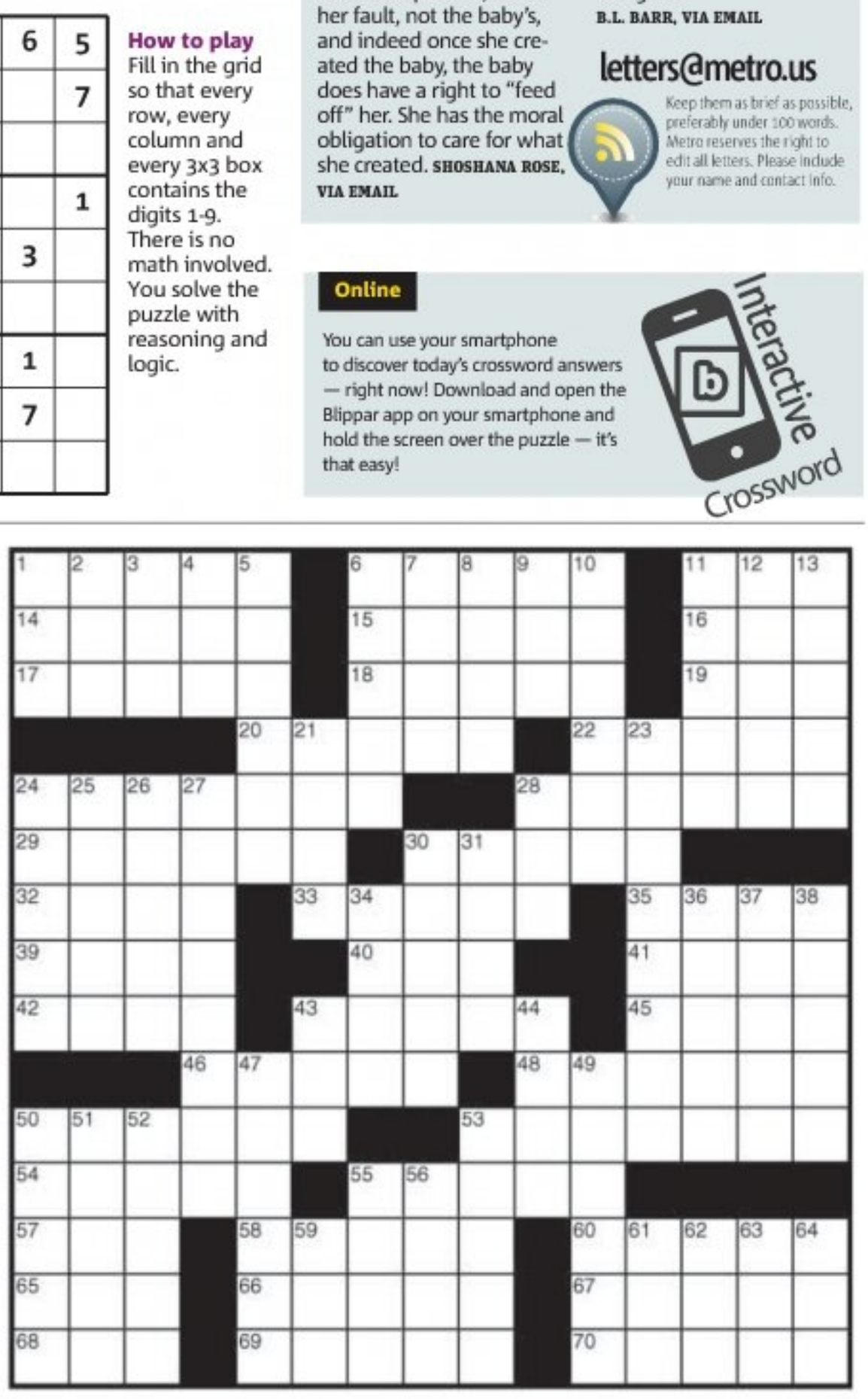
You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Interactive Crossword

Crossword

Across
1 Dreary
6 Cut drastically
11 Ruin, with "up"
14 Pay-phone place
15 Sun, in combos
16 Environmental prefix
17 — Rica
18 Lariat
19 Non-verbal OK
20 Hawaiian island
22 Geneva's river
24 Roomy sleeve
28 Lao and Thai
29 Thunderstruck
30 Dismantle a tent
32 Ukraine's capital
33 White heron
35 Get better
39 Ultimatum word
40 Geological period
41 Bowser's pal
42 Cattail or bulrush
43 Ism
45 Mr. Stravinsky
46 Complies
48 Rule
50 Dodgers' Reese (2 wds.)
53 Umpire
54 Shaman's findings
55 Fleeting
57 British title
58 Flawless
60 Rainwater pipe
65 Bulldogs backer
66 Florentine poet
67 Delete a file
68 Billy — Williams
69 Type of test
70 Pithy

Down
1 "Doctor Who" network
2 London lav
3 Selene's sister
4 Legal rep
5 Army duds
6 Monsieur's gesture
7 Carrie's "Star Wars" role
8 Jai —
9 Take a chair
10 Froggy
11 Columbus' port
12 Huskies of the NCAA
13 Fashions
21 Poker stake
23 Exuberant greeting (hyph.)
24 Bread pro
25 Loose-limbed
26 Not those
27 Flag (2 wds.)
28 Well-put
30 Encourages
31 Essential item
34 Big steel town
36 "The — Sanction"
37 Be crazy about
38 Greene of "Bonanza"
43 So-so mark
44 Pointed arch
47 Next to
49 Compensate for
50 Sat for a photo
51 Novelist — Zola
52 Like a wolf's howl
53 The life of —
55 Hecht and Franklin
56 Pro — (in proportion)
59 "The" to Fritz
61 Opposite of "post-"
62 Boathouse implement
63 – Enterprise
64 Casual wear



Yesterday's answer

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Flying west

Flyers face rough schedule on road trip

The Flyers' three-game, five day California trip starts out Thursday night in Anaheim, where the Ducks merely have the best record in hockey (39-11-5), though they've lost two of their last three home games.

Then it's on to L.A. Saturday and a date with old friends Mike Richards, Jeff Carter and Justin Williams, whom they'll face for the first time since the Kings hoisted the Cup in 2012.

This year the 30-19-6 Kings are third in the Pacific, sixth in the West and goalie Jonathan Quick, who may well lead Team USA in Sochi in two weeks, is back healthy.

As for beating San Jose at the Shark Tank Monday, the Flyers will focus on Joe Thornton, NHL co-leader in assists with 47, along with his prime beneficiary, 28-goal scorer Joe Pavelski.

"It's going to be a tough road trip," said Jake Voracek. "Obviously we're playing three tough teams."

The Flyers may be bolstered by the return of enforcer Zac Rinaldo, who's missed the last 10 games with a high ankle sprain.

JON MARKS

The Flyers set out on a difficult road trip following a much needed 5-0 shutout win over the Red Wings Tuesday night. / GETTY IMAGES

Flyers end skid, head to California

NHL. Finally with momentum, the Flyers face a real test out West.

California, here they come!

But other than a nice change in the weather for a few days, this trip out West figures to be anything but a vacation for the Flyers.

Even after whipping the injury-riddled Red Wings 5-0 Tuesday — only the fourth shutout of Detroit in franchise history — to snap a three-game losing streak, they know what they'll be up against heading to Anaheim, L.A. and San Jose within a five-day span.

"We're going on a really tough road trip against some big opponents out West," Scott Hartnell, who celebrated his return to the top line with a pair of goals Tuesday, said. "We needed to get our confidence back, get our confidence high going into that trip."

This was a good way to start, as Hartnell got them going, then Adam Hall, Giroux and Sean Couturier scored to break it open against a wounded Wings' team missing three of its top five scorers plus goaltender Jimmy Howard.

Building momentum

"We got back on track in this one. Now we have to make sure we bring the same intensity on the road."

Jake Voracek, Flyers forward

Meanwhile, Steve Mason looked more like the goalie that had been their savior most of the season than the one who'd been so shaky Craig Berube was forced to pull two of his last three games, stopping 33 shots to record his second shutout.

"When we're playing the three teams we have coming up we're gonna make sure we have to play our best hockey," said Mason. "If we don't have it out there we are not going to win hockey games."

JON MARKS
sports@metro.us

3 SPORTS

That's enough

Lynch short with media again

Seattle running back Marshawn Lynch once again walked out on the media Wednesday after giving them just seven minutes behind the microphone. On Tuesday, he walked off the podium after six minutes. "I'm just here so I don't get fined," Lynch told reporters.

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Eagles upgrades

Eagles, Panasonic to add upgrades

The Eagles announced several stadium upgrades are in the works for the 2014 season alongside partner Panasonic. The Eagles will add two end zone video boards totalling more than 9,400 square feet. They will also install video displays in and around the stadium.

"Our fans deserve the ultimate experience every time they step foot into Lincoln Financial Field," said Eagles CEO Jeffrey Lurie in a press release. "One of our top priorities during this revitalization project was to enhance that experience by providing them with the highest quality HD video boards and LED ribbon boards. METRO

76ers rising star

Carter-Williams headlines rookie squad

The 76ers announced Wednesday evening that rookie point guard Michael Carter-Williams will represent the Sixers in the BBVA Compass Rising Stars Challenge during NBA All-Star Weekend in New Orleans.

Carter-Williams leads all rookies this season in scoring (17.4 ppg), rebounding (5.6 rpg), assists (6.7 apg) and steals (2.41 spg).

The only rookies in NBA history to average at least 17.0 points, 5.0 rebounds and 6.0 assists for an entire season are Oscar Robertson, Magic Johnson and Steve Francis.

This is the third straight year that rookies will face off against sophomores in the game, to be held Feb. 14. METRO

Peyton Manning quickly struck up a relationship with John Elway, who brought him to play for the Broncos last season. / GETTY IMAGES

Seahawks looked into Manning

Super Bowl XLVIII. Pete Carroll talked about pursuing the Denver QB as a free agent in 2012, but it didn't last long.

When Peyton Manning and the Indianapolis Colts parted ways in 2012, he quickly became the most in-demand quarterback in the league.

The Seahawks, coming off a 7-9 season with Tarvaris Jackson as their signal caller, were one of the first in line. But apparently, Manning wasn't listening.

"Well, it was brief," Seahawks coach Pete Carroll joked Wednesday about the pursuit to laughs from the media.

Tennessee, San Francisco and, of course, Denver quickly rose to the top of Manning's list.

"In this free agency opportunity, here's Peyton Manning. So we started the process, to make an effort, to see if there would be some kind of connection here for us," Carroll said. "Word got out and really he called me first. He knew that we were interested. He gave me a call [and] woke me up one morning. [I] jumped out of bed and [said], 'OK, let's go. What's up, Peyton?' So we started talking. We talked about the basics of what it might mean for him coming to us; so the process was underway. It was very early, he had said that he didn't know what he was going to do, he didn't know where he was going to visit, he didn't know what was going to come up, but he wanted to at least hear where we stood and what our interest was."

But the process, as Carroll told it, basically ended there once Manning's agent didn't talk about a visit.

"It was very brief. It was fun for a while, with the magnitude of the player, and the background and all of that," Carroll said. "We were just going to follow through on it. We did that and it was over."

By the numbers

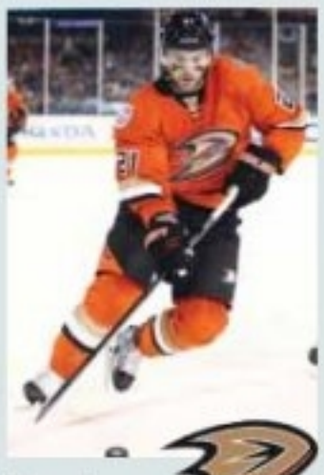
14

Tarvaris Jackson threw 14 TD passes in 2011 for Seattle. Peyton Manning had that many touchdowns by Week 4 in 2013.

MARK OSBORNE
mark.osborne@metro.us

NHL power rankings | by Rich Slate

No. 1



Ducks (39-11-5)

The Ducks are putting some separation between themselves and the other top teams in the West (Chicago and St. Louis), so they are the clear-cut top squad in the NHL. Anaheim is 7-3-0 in its last 10 games and the Ducks beat Los Angeles, 3-0, at Dodger Stadium last weekend. They host Philadelphia tonight as the Flyers look to jump-start their California road trip.

No. 2

Blues (36-11-5)

The Blues lead the NHL with a goal differential of plus-61. They have won their last three games and lead the Central.

No. 3

Blackhawks (32-10-13)

For once, the Blackhawks are going through a rough patch (3-3-4 in their last 10). But they still lead the entire NHL in goals scored (194).

No. 4

Penguins (37-14-2)

The Penguins are rolling at 7-2-1 in their last 10 and are seemingly days away from clinching the wretched Metropolitan Division with a 17-point lead.

No. 5

Sharks (34-13-6)

By locking up Patrick Marleau and Joe Thornton for three more years, the Sharks are committed to staying the course.

No. 6

Bruins (34-15-3)

The Bruins are playing their best hockey yet as they've won their last four games and have allowed the league's fewest goals so far.

No. 7

Avalanche (33-14-5)

Nobody is talking about them but the Avs continue to chug along at 7-2-1 in their last 10 games. Rookie Nathan MacKinnon looks like a star.

No. 8

Lightning (21-17-5)

One of the most underappreciated stars of his generation, Martin St. Louis (25 goals, 27 assists) is having a great year at 38.

No. 9

Kings (20-19-6)

The offensively challenged Kings team seems like a prime candidate to make a move at the trade deadline for some offensive firepower.

No. 10

Wild (29-20-6)

The Wild started a key three-game road trip with a surprising two points, a 4-2 win at Anaheim Tuesday. They are still under .500 on the road (10-13-4).

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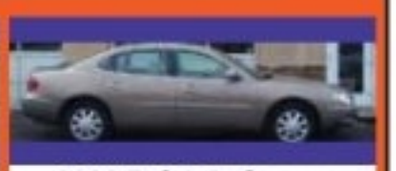
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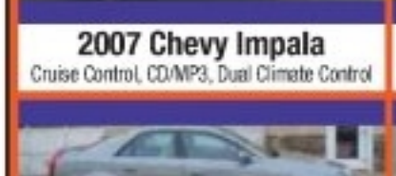
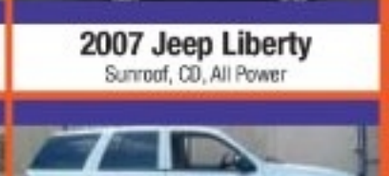
OnStar, CD, Cruise Control

2006 Cadillac CTS
Leather, Navigation, OnStar

2006 Chevy Trailblazer
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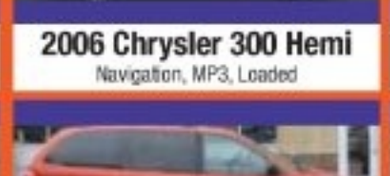
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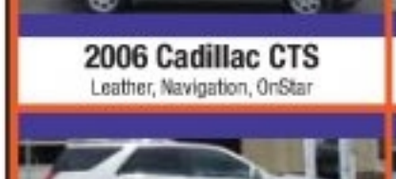
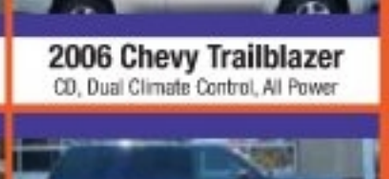

2005 Cadillac SRX
OnStar, Bluetooth, Panoramic Roof

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